



## Week 2 “Blessed are those who Mourn”

### INTRODUCTION

“Tears aren’t manly.” Or are they?? Society likes to tell us that expressing such emotions is a trait that signifies weakness. In our second week of the series, #blessed, we explore a drastically different approach as Jesus postulates that those who mourn are #blessed! During Jesus’ most famous sermon titled the Sermon on the Mount, He gives us eight beatitudes to live by. Each week we will break down one of these and discover what deeper truth lies within.

This has the potential to be one of the more confusing beatitudes. Most people don’t associate living “blessed” lives while mourning the loss of someone/something. That’s the great thing about Jesus’ main idea found in this verse. There is a higher meaning that He is trying to reveal to us, to help us truly get our minds to comprehend the meaning. Let’s jump into the discussion questions and find some answers!

### DISCUSSION QUESTIONS

1. When you hear the word “mourn”, what comes first to your mind? Explain.
2. Have you recently gone through a period of mourning? If you feel comfortable doing so, explain.
3. Would you consider yourself blessed? Does your “blessed” life line up with God’s definition? Explain.

#### Read Matthew 5:4

4. What do you think Jesus is trying to tell everyone from this verse? Does it make sense according to today’s culture?
5. Do you believe people can be blessed when they are going through a period of mourning? Explain.
6. Did you experience a blessing when you went through a mourning period?

#### Read Ecclesiastes 7:2

##### “Mourning leads to Revelation”

7. How does mourning reveal to us things we would otherwise never have thought about before? Ex. Finding you have cancer and only a year to live.
8. As believers, what does living like our days are numbered look like?

#### Read Galatians 6:2

##### “Revelation leads to Realization”

9. Why is it so important for us to act on the things that God reveals to us in our time of mourning?

10. What importance is repentance in the realization process?

**Read John 5:24**

**“Realization leads to Resolution”**

11. How has God comforted you in your mourning?
12. How is believing in Jesus Christ the greatest comfort of all?

## **ACTION STEP**

For your action step this week, make an intentional effort to think about what it truly means to be blessed as you mourn. Have you ever gone through a period of this before and felt truly blessed by it? This week spend time with our Father, seeking Him and His guidance in the mourning process. Mourning is not always a bad thing, so let's look to God for the answers!

Take Next Steps + Pray Together + Take Care of Each Other = Community Groups!